PREP Session

2009 Website Program Description

The Personal Resources Exploration Program or PREP is a personalized auditory-guidance session conducted in a specially designed, secluded cubical. The PREP session is introduced as an aspect of the Guidelines® program. Learn a whole lot more here.

Personal Resources Exploration Program

The Personal Resources Exploration Program or PREP is a personalized Hemi-Sync® auditory-guidance session conducted in a specially designed, secluded cubical. The PREP session is introduced as an aspect of the Guidelines® program. Graduates of the Guidelines program are eligible to participate in additional PREP sessions at a later time. Although PREP sessions have gained a reputation over the last twenty years for providing intense personal experiences, they should not be thought of as a shortcut or as a means to an experience that has not otherwise been available to you. Stated another way, if you are already experiential using the Hemi-Sync technology, the PREP session is your next step.

How does a PREP session work?

A participant is supported throughout the uniquely personalized session with customized, computer-generated Hemi-Sync and verbal guidance provided by a trained facilitator.

The sessions consist of three parts:

First, you will spend some time talking with your facilitator, gaining clarity on your goals and objectives for the session. You may wish to give some thought to what you would like to accomplish and explore prior to arriving for your session. Goals have ranged broadly from the more general, "I would like to be more consciously aware of

the energies/guidance around me" to working with very specific personal issues. External electrodes will be attached to several of your fingers enabling the monitoring and recording of physiological measurements of your skin temperature, galvanic skin response, and skin potential voltage. Then you will be assisted to lie comfortably on the special dry-flotation system in the booth and then put on the headphones. A microphone in the booth allows for two-way communication between you and the facilitator at all times and for recording your narrative of the events of your experience.

Second, the facilitator will remain outside of the booth at the control station. When you are ready, Hemi-Sync will be introduced to you through the headphones, and the facilitator will begin to guide you on a journey. As your personal exploration unfolds, adjustments in the Hemi-Sync signals will be made in order to facilitate and enhance your experience.

Third, at the conclusion of your guided exploration, you will be assisted from the booth for a debriefing. At this time, you may gain further understanding and integration of your experience and continue the grounding process. An audio cassette tape of the narrative of your session and printouts of your physiological responses will be given to you before your departure. The entire session, including your intake interview, guided exploration, and debriefing, will take approximately two hours.

PREP sessions, for graduates of the Guidelines program, may be arranged by calling (434) 361-1252 for an appointment or by email to: info[at]monroeinstitute.org. Cost of the session is $250.00.